



Health and Safety Bulletin

SLIPS, TRIPS AND FALLS

TIPS TO PREVENT THEM AND PREPARE FOR WINTER WEATHER

Winter can be a challenging time of year. Seasonal hazards like snow and ice on walkways and streets can increase the risk of injuries related to slips and falls.

To help prevent falls and injuries this winter, be on the look out for hazardous conditions and keep these simple safety tips in mind when walking outdoors:

Wear footwear with heavy treads for increased traction.

Plan ahead and don't rush. Listen to the weather report and be prepared for slippery conditions.

Pay attention while walking. Avoid distractions. Adjust how you walk according to the weather conditions.

Enter buildings slowly and watch for slippery floors. Tracked in snow from footwear often causes slippery surfaces.

Don't take shortcuts. A shortcut path may be dangerous since it is less likely that snow and ice removal occurred. Walk on cleared well-lit pathways.

Proceed carefully when getting in and out of vehicles. Parking lots and sidewalks may not yet be cleared when you arrive for work.

Avoid carrying items. Try to keep hands empty so arms are free to move for stabilization.



- ✓ As a reminder, if snow removal, salting or sanding is required at the Guelph Campus, please **submit a snow removal issue/request form** by scanning the QR code to the right. For all other locations, contact Facilities Management in your area.
- ✓ **Questions?**
Email ehs@uoguelph.ca.

Seasonal Hazards Snow and Ice

Be on the lookout for these hazardous conditions:

-  Snowy and ice-covered sidewalks and paths
-  Slippery surfaces due to water, ice or snow from footwear
-  Black-ice formation (nearly invisible patches of ice on paved surfaces that can be very slippery)



Walk slowly and carefully on icy or snowy walkways.

Take short and deliberate steps to prevent slipping and falling.

